

Chatter

UCare

April - June 2012

950 Nicollet Mall, Suite 290 Mpls 55403

Skyway Senior Center

612-370-3869 Mon-Fri 9 a.m.-3 p.m.

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Celebrating Older Adults Month

Senior Fitness Week – All Exercise Classes Free 5/29-6/1

National Health Care Decisions Day

This quarter the UCare Skyway Senior Center is promoting healthy living! Please try our exercise classes free of charge the last week of May. There is a walking club that meets at 10:00 am every Thursday to go for a walk and Stroll Minneapolis is hosting a variety of free walking and biking events around Minneapolis. Call 612-333-3410 for more information on an event near you!

City seeks applicants for boards and commissions

The City is seeking individuals who would like to help shape key policy decisions and provide input on City services by serving on a board or commission. Currently, 11 boards and commissions have openings. Play an important role for your city! Check out the many opportunities on the web at <http://www.minneapolismn.gov/boards/openings/index.htm> or call the City Clerk's Office at (612) 673-3358 and find your opportunity!"

Please accept my donation to support the Skyway Senior Center

☐ \$10 ☐ \$25 ☐ \$50 ☐ \$100 other \$ _____

Enclosed is my tax-deductible gift payable to:
Friends of the Skyway Senior Center.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Center Director
Christina Kendrick

Advisory Council
Donald Leners
Chair

Adrienne Merrill-Ratliff
Vice-Chair

Betty Jeanne Leners
Secretary

Kay Hayes

Fay Harrison

Herman Gross

Patricia Hastreiter

Evelyn Eskeli

Mae Range

Patricia Harris

Alice Lincoln

Randy Wilson

Karen Fournier

**Friends of the
Skyway Senior
Center Board**

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Becky Bates
Vice-President

Patricia Harris
Treasurer

Lisa Goodman
Councilmember

Jerry Gunderson
Secretary

Sara Goodnough

Art Hogensen

Virginia Reilly

Ellen Wolfson

The Friends of the Skyway Senior Center wish to thank The Local for their generosity, hosting a fundraising event through the month of February. We love partnering with our downtown community and who doesn't love a great pint and classic fish n' chips! Be sure to stop by The Local and give them a big thanks for their support!

Are you looking for a rewarding opportunity that uses your talents at the UCare Skyway Senior Center? There are positions available on the Friends of the Skyway Senior Center Board and the UCare Skyway Senior Center is looking for presenters for all topic areas. Call 612-370-3869 and ask for Christina for more information!

The UCare Skyway Senior Center always accepts donations of Kleenex, microwave popcorn, copy paper, unused greeting cards, etc.

HEALTH CARE *that starts with:*

C. Leigh

– UCare member
Mendota Heights, MN

Discover *UCare for Seniors*SM, the plan designed specifically for our members. With UCare, you'll enjoy simple, affordable health care with great benefits at a great price. It's just what you'd expect from health care that starts with you.

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(TTY) 1-800-688-2534, 8 a.m. to 8 p.m. daily.

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Artists of the Month

Meet the artists and join us for a close-up chat with these creative minds.



April

FAIR School National Art Honor Society is a group of dedicated high school students in grades 9-12 that have qualified through grades and interest for induction into the National Art Honor Society, (NAHS). The NAHS is an organization that was formed in 1978 for the "purpose of inspiring and recognizing those students who have shown an outstanding ability in art. NAHS strives to aid members in working toward the attainment of the highest standards in art areas, and to bring art education to the attention of the school and community" (www.arteducators.org). The FAIR NAHS chapter is a new group that is starting to branch out into the community in an effort to share our art and to learn from others.

Artist Reception Thursday, April 12th from 12:00-1:00

May

Anne Adix Fabie graduated from the University of Wisconsin-Eau Claire with a BA in Public Administration. She later attended the College of Visual Arts in St. Paul, MN, where she majored in illustration. Anne is a member of The Society of Children's Book Writer and Illustrators, as well as the Children's Book Illustrators Guild.

Barb Björnson is a published illustrator living in New Brighton, MN. She loves creating characters that come alive on the page. Barb loves that special magic and tries to capture that in her art.

Nina Victor Crittenden is an illustrator from Minnesota who really loves popcorn. Her first

picture book, *Cedric and the Dragon*, is a Mom's Choice Gold Award recipient.

Sharon Wagner is a fun-loving freelance illustrator and fine artist. She grew up drawing and painting on the rolling hills of a Wisconsin farm. But later moved to the big city of Minneapolis, Minnesota after graduating with a Bachelor of Fine Arts from the University of Wisconsin Stout. Sharon has won awards for her art work and will continue to create more until the cows come home. She currently lives with two naughty cats and one very nice husband.

Sara Weingartner, an illustrator, fine artist and graphic designer, loves to create whimsy and joy-filled images. She has been painting multiple series at Children's Hospitals of MN, Mpls and St. Paul, and just began illustrating her second children's book. Sara lives in Minneapolis with her husband and two beautiful children.

June

Rise, Inc. ArtSpeaks is an art program offered through Rise Inc. It provides people with disabilities opportunities to learn experience and share in the creative process. Art Speaks participants have a variety of disabilities. These include physical, developmental, traumatic brain injury and emotional disabilities. Through art classes and exhibitions in the community participants experience the opportunity to find their voice and share it with others. Several of the artist will be available at the reception!

Artist Reception Tuesday, June 19th at 1:00

Artist's works are for sale. Please inquire at the center if interested.

Interested in Showing Your Art?

We are always looking for artists and all mediums to feature at our center. You just have to be able to hang it! Please contact MSSC at 612-370-3869 and ask for Christina Kendrick for more information.

Trips & Social Outings

Plays, Trips and Tours Minneapolis Community Education

Mamma Mia! at the Orpheum Theatre

This is the ultimate feel-good show. The musical combines greatest hits, including "Dancing Queen," "Take a Chance on Me," and "The Winner Takes All," with an enchanting tale of love, laughter and friendship. Transportation is on your own. To register, call 612-668-4828. Meet in the lobby of the Orpheum Theatre, 910 Hennepin Ave.

Sunday April 29 12:45-3:30 pm \$32

The Church Basement Ladies in A Mighty Fortress is Our Basement

It's 1960 and Beverly gets her first pair of high heels for confirmation; Pastor announces his impending nuptials; The ladies plan a food booth at the County Fair to raise money and one embarks on a spontaneous driving lesson. In the rural church basement kitchen, a reformation is underway and your favorite ladies are facing it head-on. Through it all they stand strong in their faith and friendships. Enjoy a church basement chicken buffet before the play. Price includes bus transportation, lunch, gratuity and play.

Thursday May 31 10:30 am-4:30 pm \$52

Lake Pepin Cruise & Chickadee

Take in the summer scenery on a coach bus trip to Lake City. Lunch, served at the Chickadee Cottage, features old fashioned chicken salad, fresh fruit, homemade nut bread, raspberry rhubarb pie, and beverage. Enjoy a narrated cruise on Lake Pepin onboard Pearl of the Lake, a modern day replica of the grand riverboats that traveled the Mississippi River in the 1800s. Price includes coach bus transportation, cruise, lunch and gratuity. To register, call 612-668-4828.

Tuesday June 26 8:00 am-5:00 pm \$49

Roman Holiday at the Guthrie Theater

A radiant young princess is on a European tour when the demands of her official duties and rigorous schedule become too much. She sneaks away, disguises herself as a commoner, and meets an American newspaper reporter who feigns ignorance of her true identity to land an exclusive story. But his plan crumbles as the couple finds themselves falling in love. The musical features unforgettable tunes by Cole Porter. Seats are on the side of the theater. Transportation is on your own. To register, call 612-668-4828. Meet at the Guthrie Theater, 818 2nd St. S.

Wednesday July 11 12:45-3:30 pm \$22

MAIL PAYMENT TO NEW ADDRESS:

Please Contact Minneapolis Community Education to Register for trips listed

Call: 612-668-4828

– or send your payment to –

Patty Hastreiter, Roosevelt Community Education
4029-28th Ave. So., Minneapolis, MN 55406

Pickup Points for Trips

Dowling School, 3900 W. River Parkway
Hawthorne Transit Station, 31 North 9th St.
Northeast Middle School, 2955 Hayes St. NE
Olson Middle School, 1607 – 51st Avenue North
Parker Skyview Highrise, 1815 Central Avenue NE
Windom School, 5821 Wentworth Avenue South

Free Events Around Town

Macy's Flower Show

In partnership with Bachman's for 48 years, Macy's Flower Show has delighted generations of floral aficionados with spectacular presentations of lush gardens that showcase thousands of live flowers, plants and trees from around the world. This year's event showcases the wonder of Brasil through lush tropical garden presentations that depict its unique landscape, culture and famed celebrations.

March 25th – April 7th



Minneapolis Farmer's Market

The Nicollet Mall market opens
May – November
every Thursday 6 a.m. to 6 p.m.
612-333-1718

May Day at Powderhorn Park

In the Heart of the Beast Puppet and Mask Theatre's annual May day parade starts at Noon: May Day Parade participants assemble by section east of Bloomington Avenue on 25th Street, between Bloomington and Cedar Avenue in South Minneapolis. 1 pm: Parade begins at the corner of 25th Street East and Bloomington Avenue South, and travels south on Bloomington to 34th Street East, where the parade turns west towards Powderhorn Park, where the parade ends and the May Day Ceremony and Festival begins, at approximately 3pm. Sunday, May 6th – 612-721-2535

Twin Cities Pride Festival

The mission of Twin Cities Pride is to commemorate and celebrate our diverse heritage, inspire the achievement of equality and challenge discrimination. The 2012 Pride Festival & Parade will take place in Loring Park and on Hennepin Avenue.
Saturday and Sunday, June 23 & 24 -
Parade is on Sunday
612-305-6900 – www.tcpride.org



At the Movies with *"Downtown Tom"*

Technical Difficulties and a Plan B

We plan out our movie selection well in advance but sometimes the best laid plans can go awry. The Center uses an online movie service to provide the weekly movie selection as well as some of the great documentary/discussions that we schedule for our learning opportunities. But a lot can go wrong with using a service. The DVD's arrive by mail and many have been viewed by thousands at least a thousand times. Sometimes a DVD doesn't arrive in the best condition and there have been times where it was completely smashed during its travels. This can result in movies that skip, jump, don't look or sound good and even completely fail to run. So in lieu of this dilemma, we have a plan B. There will always be a movie shown and the movie listed is always the priority. When a movie fails early on or can't be played at all due to damage, we will substitute a great alternative that will have a reputation for quality, family friendly and award winning. Some will be classics and some will be current. We want to thank everyone for their understanding and patience and you can trust that... the show WILL go on!



Sponsored by TCF National Bank,
Target Skyway Traditional Branch
(Free Popcorn)

Movie Time



Sponsored by TCF National Bank,
Target Skyway Traditional Branch

Viewing is limited to 25. Seating is first come, first served - no reservations. All movies start at noon.

The Help-PG-13 , 2011 (146 min.) An aspiring author during the civil rights movement of the 1960s decides to write a book detailing the African-American maid's point of view on the white families for which they work, and the hardships they go through on a daily basis. Viola Davis. (drama)

F Apr 6 12:00 Free

Dead Reckoning-No Rating, 1947 (100 min.) A soldier runs away rather than receive the Medal of Honor, so his buddy gets permission to investigate, and love and death soon follow. Humphrey Bogart, Lizabeth Scott. (drama-mystery-film noir)

F Apr 13 12:00 Free

Midnight in Paris-PG-13, 2011, (94 min.). A Woody Allen picture. Gil and Inez travel to Paris as a tag-along vacation on her parents' business trip. Gil is a successful Hollywood writer but is struggling on his first novel. His daily walks at midnight in Paris could take him closer to the heart of the city but further from the woman he's about to marry. Owen Wilson, Rachel McAdams. (comedy-fantasy-romance)

F Apr 20 12:00 Free

Soylent Green-PG, 1973, (97 min.) In an overpopulated futuristic Earth, a New York police detective finds himself marked for murder by government agents when he gets too close to a bizarre state secret involving the origins of a revolutionary and needed new foodstuff. Charlton Heston. (drama-mystery-sci-fi)

F Apr 27 12:00 Free

Moneyball-PG-13, 2011 (133 min.) Oakland A's general manager Billy Beane's successful attempt to put together a baseball club on a budget by employing computer-generated analysis to draft his players. Brad Pitt. (biog-drama-sport)

F May 4 12:00 Free

The Girl Can't Help It-Not Rated, 1956 (99 min.) Gangster hires down-and-out press agent to make his blonde bimbo girlfriend a singing star. Jayne Mansfield, Little Richard, Fats Domino. (comedy-music)

F May 11 12:00 Free

Contagion-PG-13, 2011 (106 min.)A thriller centered on the threat posed by a deadly disease and an international team of doctors contracted by the CDC to deal with the outbreak before it reaches worldwide dimensions. Matt Damon, Kate Winslett. (drama-thriller)

F May 18 12:00 Free

Defending Your Life-PG, 1991 (112 min.) In an afterlife resembling the present-day US, people must prove their worth by showing in court how they have demonstrated courage. Meryl Streep, Albert Brooks. (comedy-drama-fantasy)

Th May 24 12:00 Free

The Debt--R, 2010 (113 min.) A Nazi hunt/spy thriller all rolled into one. The suspense builds in and across two different time periods, with startling action and surprising revelations. Helen Mirren. (action-drama-thriller)

F Jun 1 12:00 Free

Mr. Popper's Penguins-PG, 2011 (94 min.) The life of a businessman begins to change after he inherits six penguins. He transforms his apartment into a winter wonderland & his professional side starts to unravel. Jim Carrey, Angela Lansbury. (comedy-family)

F Jun 8 12:00 Free

The Three Faces of Eve--Not Rated, 1957 (91 min.) A doctor treats a woman suffering from Multiple Personality Disorder.Eve White is a quiet, mousy, unassuming wife and mother who keeps suffering from headaches and occasional black outs. While under hypnosis, a whole new personality emerges: the racy, wild, fun-loving Eve Black. Under continued therapy, yet a third personality appears, the relatively stable Jane. Joanne Woodward. (drama-mystery)

F Jun 15 12:00 Free

The Way We Were-PG, 1973 (118 min.) Two desperate people have a wonderful romance, but their political views and convictions drive them apart. Barbara Streisand, Robert Redford. (drama-romance)

F Jun 22 12:00 Free

Edie & Thea: A Very Long Engagement--Not Rated, 2009 (61 min.) Forty-two years of romance, struggle and shared adventures finally culminate in marriage for lifelong lesbian couple Edie and Thea, who met in the 1960s and stayed together through the turbulent decades of activism and social change that followed.

F Jun 29 12:00 Free

Paying for Exercise Classes and our NEW UCare Member Opportunities

Each class you attend, you will need to present your "punch card" which will be initialed by the instructor. Cards are \$16.00 and cover 8 classes. You can go to as many or as few classes as you wish because the cards don't expire. There are NO refunds on cards purchased so don't lose your card or keep it at the center.

UCARE MEMBERS WILL BE ABLE TO EXERCISE AT NO COST TO THEM WITH QUALIFYING UCARE INSURANCE BENEFIT.

Walking Club

Walking Club = FREE & FUN WORKOUT! Everyone is Welcome to Join! The walking club works with all fitness levels. It's a healthy tour of downtown skyways and outside. June 28th – the Last Thursday in June – we will be walking to some of downtowns "secret" museums! Don't miss that day! Wear comfy clothes and shoes.

Every Thursday from 10 – 11 am Free

**UCARE SUPPORTS
SENIOR FITNESS WEEK
MAY 29TH THROUGH JUNE 1ST!
ALL EXERCISE CLASSES WILL
BE FREE TO ANYONE
(FIRST COME FIRST SERVE)
COME AND TRY OUT A CLASS!**

ENHANCEFITNESS

New Tue/Thu Class Schedule added!

You do not have to have UCare Insurance to participate. EnhanceFitness® classes are proven to safely improve strength and fitness in older adults. Classes are led by highly-trained instructors, so you get the results you want.

REMEMBER YOU CAN NOT ATTEND CONSECUTIVE DAYS. EXAMPLE: YOU CAN GO TO THE MON AND FRI OR THE TUE AND THU CLASS.

M & F	Apr 2 – Jun29	10:00 – 11:00 am
T & Th	Apr 3 – Jun 28	9:30 – 10:30 am



Yoga Stretch – Two Times on Wednesday! EVERYONE IS WELCOME TO JOIN!

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Last 15 minutes of each class is an option progressive floor stretch series for those who are interested.

W Apr 4 – Jun 27 10:00-11:00 & 11:00-12:00

Super Easy Stretch & Exercise Free Exercise Class

Start the year right! Join Mary Kohanek to learn about VERY EASY ways you can work your body to get that blood and oxygen flowing and feel revitalized and refreshed! No matter what your fitness level is or if you have concerns about balance – these body stretches and moves are for everyone! Always the First Wednesday of Every Month – JUNE IS CANCELLED due to a scheduling conflict!

W Apr 4 & May 2 1:00-2:30 Free

I Can Eat Sensibly (I.C.E.S.) Have A Blast! Enjoy Friends! Stay Supported!

It's as much fun as you have been hearing! Come and see what everyone is talking about. ICES is a great way to stay on course with your healthy lifestyle or learn how to get started! Share and connect with others who have goals to stay healthy and active and nutritionally sound. I.C.E.S. is a group that meets once a month to support each other, share recipes, exercise articles, and exchange health information. Always the second Monday of every month at 11:00 unless stated below. You can bring your lunch or even a healthy snack to share.

M Apr 9, May 14, Jun 11 11:00-12:30 Free

Foot Care Clinics

OOOHHHH AAAAAHHHHH – Yes it feels that good! Comprehensive foot care that now includes a great Foot Soak, so bring your towel. Cost is \$25. Call for your foot-care appointment. *Note: If you make an appointment and don't call 24 hours in advance to cancel, you will be charged for the appointment. Sign up early, as the clinics are very popular and are only EVERY OTHER MONTH.

F May 25 11:00am – 3pm \$25

Any questions about the exercise classes? Please don't hesitate to call the center at 612-370-3869.

Crafts & More For Free

Free to everyone – The classroom will be open to participate in a variety of activities. Games, puzzles, arts and crafts (including knitting, sewing, etc.) – you name it! From brain stimulation to relaxation, stop in and join others or relax with a personal activity, you can tailor this time to suit your mood. Always the Second Thursday of Every Month at 1:00.

Birthday of the Month Club

Celebrate your birthday, your friend's birthday, or just wish a stranger a Happy Birthday the First Tuesday of every month at 12:30. Enjoy birthday cake and other refreshments compliments of the UCare Skyway Senior Center!



Bundles of Love Club – New Start Time

A Great Activity for a Great Cause and IT IS A LOT OF FUN! Help newborns in need by preparing fabric for blankets and other items. There is no sewing or knitting required. There is something to do for everyone – especially great conversation! If you are interested in volunteering your time once a month, please come on in and join the effort!

W	Apr 11, May 9, Jun 13	12:30	Free
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Book Club

*April – Daughter of Fortune,
A Novel by Isabel Allende*



An orphan raised in Valparaíso, Chile, by a Victorian spinster and her rigid brother, young, vivacious Eliza Sommers follows her lover to California during the Gold Rush of 1849. She enters a rough-and-tumble world whose newly arrived inhabitants are driven mad by gold fever. With the help of her good friend and savior, the Chinese doctor Tao Chi'en, Eliza moves freely in a society of single men and prostitutes, creating an unconventional but independent life for herself. The young Chilean's search for her elusive lover gradually turns into another kind of journey, and by the time she finally hears news of him, Eliza must decide who her true love really is.

Th	Apr 19	10:30-12:30	Free
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*May – Founding Gardeners
by Andrea Wulf*

Through a series of vignettes spanning the Declaration of Independence to the death of Adams and Jefferson exactly fifty years to the day afterwards - stories that weave the political, the personal and the botanical and are in turns funny, fascinating and moving - The Founding Gardeners shows is that it is impossible to understand these visionary men and the American nation without considering their love of gardening.

Th	May 17	10:30-12:30	Free
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June – Icebound

*A Doctor's Incredible Battle for Survival at the South Pole
by Maryanne Volters and Jerri Nielsen*

A physician stranded at a South Pole research station describes how she discovered a lump in her breast, treated herself with a biopsy and chemotherapy, and was rescued by the Air National Guard during a daring mission to Antarctica and reflects on the meaning of her experience and the dedication and support of her colleagues.

Th	Jun 21	10:30-12:30	Free
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The Lunch Bunch

If You Do Not Register by Tuesday Noon, You May Not Be Able To Sit With The Group!

Take a break from the holiday busy with a little lunch with friends! We hope you can join us! Everyone is welcome to participate BUT Please register by the Tuesday before the lunch so we can give the restaurant an accurate count! Lunch is a busy time and the restaurant can't accommodate inaccurate reservations. Thanks for understanding.

F	Apr 27	The Local 931 Nicollet Mall 904-1000 • 11:30
F	May 25	St Thomas Cafeteria Meet at Center • 11:30
F	Jun 22	Asian Taste 1400 Nicollet Ave • 871-2898 • 11:30

Computer Tutor

From turning on the computer to e-mailing photos – all skill levels welcome! Sign up for 30 minute appointments for free one-on-one computer assistance with one of our many experienced volunteers. Monday – Friday times available. Call for an appointment. Donations to the center are appreciated! ***Note: Cancellations require a 24 hour notice.**

Advocates, Resources, Assistance, Information One on One Appointments Available 3rd Thursday of Every Month

We can assist you with issues of housing, independent living, personal safety, in-home visits, home repairs, property assessments, filling out paperwork, qualifying for military benefits and many other needs. Just call for your one on one appointment. Always the 3rd Thursday of every month.

Th	Apr 19, May 17, Jun 21	1:00-2:30	Free
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Catching Up on Current Events – Invigorating Discussion Group – HOT HOT HOT TOPICS

Did you catch the news last night? Read the paper this morning? Come and get it off your chest and on the table! Open, Engaging, Insightful –Current Events Discussion Group will meet every Monday to enjoy an open forum of today's hot topics hosted by Jerry Gunderson. Bring information and topic ideas. Give your opinion, do some research, get information from others – This is a great way to engage and connect!

M	Apr 2 – Jun 25	1:00-2:30	Free
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YOU MUST REGISTER FOR ALL CLASSES

Ask The Pharmacist

Have a question for our visiting pharmacist? Mary Ptacek, RPh and Clinical Pharmacy Manager for UCare is available to help you with - Medicare Part D, the donut hole, medication review, questions about medicine interactions, even vitamins and other over the counter medication questions, spend some time with Mary 1 on 1 to get your questions answered. First come first serve so ask the receptionist for your number for a 10-15 minute consult.

T Apr 24, May 22, Jun 26 1:00 Free

APRIL ACTIVITIES

The Health Care Plans for People with Disabilities Under Age 65 – What You Should Know

Are you someone with a disability who has recently been assigned to a Special Needs BasicCare (SNBC) plan? A licensed representative from UCare will be available to answer questions about

- The benefits of SNBC vs Fee for Service (FFS) Medical Assistance.
- Your enrollment options
- Your health plan choices

T Apr 10 1:00-2:30 Free

National Health Care Directive Day!

Complete your Healthcare Directive for FREE! Law students from the University of St. Thomas will be available to help individuals complete a healthcare directive. A healthcare directive brings peace of mind, allowing all family and friends to clearly understand the individual's healthcare wishes. Learn how a healthcare directive will benefit you and your family.

M Apr 16 12:00-2:30 Free

Do You Know How To Prevent A Stroke?

Stroke is the fourth leading cause of death in the United States, and this catastrophic event can strike without warning. In fact, four out of five people who have had a stroke showed no apparent warning signs prior to their attack. But, strokes can be stopped in their tracks. LifeLine Screening will be here to talk about the early symptoms and prevention.

T Apr 14 1:00-2:30 Free

Guthrie Theater Discussion with Anita Time Stands Still

by Donald Margulies directed by Joe Dowling

From the Pulitzer Prize-winning writer Donald Margulies comes a moving and often hilarious story of relationships, mid-life crisis and the ties of friendship. James and Sarah, a journalist and photographer, cope with changes in life and their relationship when Sarah's injuries abroad force them to return home to New York. The longtime couple confronts the nature of their future together while their oldest friend, also their editor, takes up with a woman far younger than

himself. This surprisingly funny play prompts poignant questions about responsibility - to ourselves, to our loved ones and to the world.

T Apr 24 11:00-12:00 Free

Electronic Books and Tablets

Are you curious about the new way to read a book using an electronic reader? Do you know what other many wonderful things electronic readers can do, include going on the internet? So much lighter than a laptop and very affordable as well. Join Patricia Harris to learn how to use these new devices, costs, and benefits of these little machines.

W Apr 25 1:00-2:30 Free

AARP – Wants to Hear From You!

One of AARP's goals is to inform and stimulate public debate on the issues we face as we age. And they want your input! Join Jerry Gunderson, AARP representative, and others for a robust discussion about Medicare and Social Security and some of the proposed changes. Let them know how you feel because they want to hear from YOU!

Th Apr 26 1:00-2:30 Free

May ACTIVITIES

Stress: Portrait of a Killer Documentary

The overworked and overwhelmed already know that stress is a near-constant fixture in modern-day living. But to what degree is stress affecting our bodies -- and is there any way to healthfully combat it? With a focus on the work of Stanford University neurobiologist Robert Sapolsky, this National Geographic program looks at the latest science to see what researchers are learning about this insidiously silent killer.

T May 8 1:00-2:30 Free

Defensive Driving: 55 Alive: 4 –Hour Refresher* Course

You must have completed the 8 hour "55 Alive Basic Driving Course" before you can take the refresher course. This refresher course is sponsored by AARP. Licensed drivers age 55 and over whom complete the course can reduce their car insurance premium by 10% for three years. Class does not involve any driving or tests. Class fee is payable to instructor the day of class. Please Register in Advance. Class limit of 15. Note: Feel free to bring your own snacks. You MUST bring your Minnesota driver's license.

T May 15 11:00 – 3:00 \$12 AARP
\$14 regular

Free Week of Exercise!

If you have wondered how you might like the exercise classes offered at the UCare Skyway Senior Center – now is your chance to try them for FREE! See Page 8 for exercise details

M-F May 28-Jun 1 various times Free

YOU MUST REGISTER FOR ALL CLASSES

Foreign Policy Issues Discussion Through the nationwide

Great Decisions program, learn more about vital foreign policy issues facing our country. The sessions feature lectures and lively discussions with local college professors and other guest speakers. Topics and speakers include: "Mexico" with Gary Prevost, "The Middle East" with Tom Hanson, "Promoting Democracy" with Ellen Kennedy, and "Cyber Security" with Rob Scarlett. Co-sponsored by Minneapolis Community Education. --- Yes, this series is free!

W May 16 – Jun 6 1:00-2:30 Free

Guthrie Theater Discussion with Anita The Amen Corner

by James Baldwin directed by Lou Bellamy

The Amen Corner starring Greta Oglesby as Sister Margaret Alexander. Sister Margaret Alexander, pastor of her church, has devoted her life to serving the Lord, but when her son unexpectedly reunites her with her estranged husband, she finds herself torn. Featuring live gospel music by the renowned Fellowship Missionary Baptist Church, The Amen Corner illuminates the power of love and the price of salvation.

T May 29 11:00-12:00 Free

Older Adults Celebration!

Celebrate Older Adults Month at the UCare Skyway Senior Center

Hosted by UCare! Join us May 29th as we celebrate the proclamation of May as Older Adults Month in Minneapolis. Prize Drawings, Friends, and Food! The celebration starts at 12:30 – Prize Drawing is at 1:30 (you must be present to win)!

T May 29 12:30-2:30 Free

Working out with Theraband!

Theraband is an exercise tool to work with all levels of fitness and physical therapy. A fitness instructor from UCare will be here to demonstrate some of the great exercises you can do with this easy at home equipment.

Th May 31 1:00-2:00 Free



June ACTIVITIES

MoOptics Eyeglass Adjustments and Info - Free

A Certified Optician offering free adjustments and minor repairs to your existing eyeglasses or answer questions you may have. You can even order new lenses if you have a prescription change or if you need new frames and lenses you can get them at substantial savings of 30% to 50%.

T Jun 12 1:00-2:30 Free



Congressional Election 2012

Can the Democrats regain control of the House? Can the Republicans win the Senate? Take a look at the numbers, retirements, key races, redistricting, the issues, and Tea Party influence both nationally and in Minnesota. Will the outcome end today's partisan stalemates? Lecture and discussion led by Frank Wright, retired Star Tribune journalist who had covered many election campaigns.

W Jun 20 1:00-2:30 Free

Guthrie Theater Discussion with Anita Roman Holiday

music and lyrics by Cole Porter

directed by John Miller-Stephany

Featuring a full scoring of the songs of Cole Porter, including "Easy to Love," "Begin the Beguine," "Ev'ry Time We Say Goodbye" and "Riding High." Princess Ann is on a widely publicized tour of several European capitals, including Rome. One night she rebels against the strenuous demands of her official duties and goes out alone to experience the city. She meets an American newspaperman who, seeking an exclusive story, pretends ignorance of her true identity. But his plan falters as they fall in love. For the hopeless romantic,

T Jun 26 11:00-12:00 Free

Need Health Insurance?

Can't Afford The Plan You Have?

Portico Healthnet serves the community by assisting individuals who are uninsured by offering a primary and preventive health care access program for people ineligible for public programs and with filling out applications to health care programs. This is a great service for you or someone you know. Come find out how they can help!

W Jun 27 1:00-2:00 Free



Upper Mississippi Riverfront Plan and Implementation – Usable for All!

The City of Minneapolis and Minneapolis Park and Recreation Board are in the midst of an extensive planning and implementation effort along the Upper Mississippi Riverfront area in Minneapolis. They are jointly looking at increased public access/use, housing, employment, livability, and environmental stewardship. Visioning for this project began in 2000, with the adoption of the "Above the Falls: A Master Plan for the Upper River in Minneapolis." An extensive and coordinated effort is now underway to re-evaluate and revise the original plan with respect to environmental contamination, topography, utility infrastructure, financial feasibility and fiscal impacts, and business and employment analysis. Join Dave Johnson and Jared Erdmann for a discussion on the effort and they can answer your questions.


Th Jun 28 1:00-2:00 Free

YOU MUST REGISTER FOR ALL CLASSES



April 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 – 11:00 EnhanceFitness®* 12:00 – 1:00 Friends Board Meeting 1:00 – 2:30 Catching Up on Current Events	3 9:30 – 10:30 EnhanceFitness®* 12:30 – 1:30 Birthdays of the Month	4 10:00 – 11:00 Yoga Stretch* 11:00 – 12:00 Yoga Stretch* 1:00 – 2:30 Free & Easy Exercise	5 9:30 – 10:30 EnhanceFitness®* 10:00 – 11:00 Walking Club 1:00 – 2:30 Advisory Board Meeting	6 10:00 – 11:00 Enhance Fitness®* 12:00 – 2:30 Movie - <i>The Help</i>
9 10:00 – 11:00 EnhanceFitness®* 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events	10 9:30 – 10:30 EnhanceFitness®* 1:00 – 2:00 Health Care Under 65 with Disability	11 10:00 – 11:00 Yoga Stretch* 11:00 – 12:00 Yoga Stretch* 12:30 – 3:00 Bundles of Love	12 9:30 – 10:30 EnhanceFitness®* 10:00 – 11:00 Walking Club 12:00 – 1:00 Meet the Artist - Fair School NAHS 1:00 – 2:30 Crafts & More	13 10:00 – 11:00 EnhanceFitness®* 12:00 – 2:30 Movie - <i>Dead Reckoning</i>
16 10:00 – 11:00 EnhanceFitness®* 12:30 – 2:30 National Health Care Directives Day Event 1:00 – 2:30 Catching Up on Current Events	17 9:30 – 10:30 EnhanceFitness®* 1:00 – 2:30 Do You Know How To Prevent A Stroke	18 10:00 – 11:00 Yoga Stretch* 11:00 – 12:00 Yoga Stretch*	19 9:30 – 10:30 EnhanceFitness®* 10:00 – 11:00 Walking Club 10:30 – 11:30 Book Club 1:00 – 2:30 Advocates, Resources, Assistance, Information	20 10:00 – 11:00 EnhanceFitness®* 12:00 – 2:30 Movie - <i>Midnight In Paris</i>
23 10:00 – 11:00 EnhanceFitness®* 1:00 – 2:30 Catching Up on Current Events	24 9:30 – 10:30 EnhanceFitness®* 11:00 – 12:00 Guthrie Discussion - Time Stands Still 1:00 – 2:30 Ask the Pharmacist	25 10:00 – 11:00 Yoga Stretch* 11:00 – 12:00 Yoga Stretch* 1:00 – 2:30 Electronic Books and Readers	26 9:30 – 10:30 EnhanceFitness®* 10:00 – 11:00 Walking Club 1:00 – 2:30 AARP Wants to Hear From You	27 10:00 – 11:00 EnhanceFitness®* 11:30 – 1:00 The Lunch Bunch 12:00 – 2:30 Movie - <i>Soylent Green</i>
30 10:00 – 11:00 EnhanceFitness®* 1:00 – 2:30 Catching Up on Current Events		*PLEASE REGISTER FOR CLASSES		

May 2012

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 – 10:30 EnhanceFitness®* 12:30 – 1:30 Birthdays of the Month	2 10:00 – 11:00 Yoga Stretch* 11:00 – 12:00 Yoga Stretch* 1:00 – 2:30 Free & Easy Exercise	3 9:30 – 10:30 EnhanceFitness®* 10:00 – 11:00 Walking Club 1:00 – 2:30 Advisory Board Meeting	4 10:00 – 11:00 EnhanceFitness®* 12:00 – 2:30 <i>Movie - Moneyball</i>
7 10:00 – 11:00 EnhanceFitness®* 1:00 – 2:30 Catching Up on Current Events	8 9:30 – 10:30 EnhanceFitness®* 1:00-2:30 Stress Portriat of a Killer Documentary	9 10:00 – 11:00 Yoga Stretch* 11:00 – 12:00 Yoga Stretch* 12:30 – 3:00 Bundles of Love	10 9:30 – 10:30 EnhanceFitness®* 10:00 – 11:00 Walking Club 1:00 – 2:30 Crafts & More	11 10:00 – 11:00 EnhanceFitness®* 12:00 – 2:30 <i>Movie - The Girl Can't Help It</i>
14 10:00 – 11:00 EnhanceFitness®* 11:00 – 12:30 I.C.E.S. 1:00 – 2:30 Catching Up on Current Events	15 9:30 – 10:30 EnhanceFitness®* 11:00-3:00 Defensive Driving	16 10:00 – 11:00 Yoga Stretch* 11:00 – 12:00 Yoga Stretch* 1:00 – 2:30 Great Decisions	17 9:30 – 10:30 EnhanceFitness®* 10:00 – 11:00 Walking Club 10:30 – 11:30 Book Club 1:00 – 2:30 Advocates, Resources, Assistance, Information	18 10:00 – 11:00 EnhanceFitness®* 12:00 – 2:30 <i>Movie - Contagion</i>
21 10:00 – 11:00 EnhanceFitness®* 1:00 – 2:30 Catching Up on Current Events	22 9:30 – 10:30 EnhanceFitness®* 1:00 – 2:30 Ask the Pharmacist	23 10:00 – 11:00 Yoga Stretch* 11:00 – 12:00 Yoga Stretch* 1:00 – 2:30 Great Decisions	24 9:30 – 10:30 EnhanceFitness®* 10:00 – 11:00 Walking Club 12:30 – 2:30 <i>Movie - Defending Your Life</i>	25 10:00 – 11:00 EnhanceFitness®* 11:00 – 3:00 Foot Care Clinic* 11:30 – 1:00 The Lunch Bunch
28 9:00 – 3:00 Closed for Holiday	29 9:30 – 10:30 EnhanceFitness®* 11:00 – 12:00 Guthrie Discussion - The Amen Corner 12:30 – 2:30 Older Adults Celebration!	30 10:00 – 11:00 Yoga Stretch* 11:00 – 12:00 Yoga Stretch* 1:00 – 2:30 Great Decisions	31 9:30 – 10:30 EnhanceFitness®* 10:00 – 11:00 Walking Club 1:00 – 2:30 Working Out with Theraband	*PLEASE REGISTER FOR CLASSES

June 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*PLEASE REGISTER FOR CLASSES</p>	 		<p>1 10:00 – 11:00 EnhanceFitness®*</p> <p>12:00 – 2:30 <i>Movie - The Debt</i></p>	
<p>4 10:00 – 11:00 EnhanceFitness®*</p> <p>12:00 – 1:00 Friends Board Meeting</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>5 9:30 – 10:30 EnhanceFitness®*</p> <p>12:30 – 1:30 Birthdays of the Month</p>	<p>6 10:00 – 11:00 Yoga Stretch*</p> <p>11:00 – 12:00 Yoga Stretch*</p> <p>1:00 – 2:30 Great Decisions</p>	<p>7 9:30 – 10:30 EnhanceFitness®*</p> <p>10:00 – 11:00 Walking Club</p> <p>1:00 – 2:30 Advisory Board Meeting</p>	<p>8 10:00 – 11:00 EnhanceFitness®*</p> <p>12:00 – 2:30 <i>Movie - Mr. Popper's Penguins</i></p>
<p>11 10:00 – 11:00 EnhanceFitness®*</p> <p>11:00 – 12:30 I.C.E.S.</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>12 9:30 – 10:30 EnhanceFitness®*</p> <p>1:00 – 2:30 moOptics</p>	<p>13 10:00 – 11:00 Yoga Stretch*</p> <p>11:00 – 12:00 Yoga Stretch*</p> <p>12:30 – 3:00 Bundles of Love</p>	<p>14 9:30 – 10:30 EnhanceFitness®*</p> <p>10:00 – 11:00 Walking Club</p> <p>1:00 – 2:30 Crafts & More</p>	<p>15 10:00 – 11:00 EnhanceFitness®*</p> <p>12:00 – 2:30 <i>Movie - The Three Faces of Eve</i></p>
<p>18 10:00 – 11:00 EnhanceFitness®*</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>19 9:30 – 10:30 EnhanceFitness®*</p> <p>1:00 – 2:00 Meet the Artist - Rise, Inc.</p>	<p>20 10:00 – 11:00 Yoga Stretch*</p> <p>11:00 – 12:00 Yoga Stretch*</p> <p>1:00 – 2:30 Congressional Election 2012</p>	<p>21 9:30 – 10:30 EnhanceFitness®*</p> <p>10:00 – 11:00 Walking Club</p> <p>10:30 – 11:30 Book Club</p> <p>1:00 – 2:30 Advocates, Resources, Assistance, Information</p>	<p>22 10:00 – 11:00 EnhanceFitness®*</p> <p>11:30 – 1:00 The Lunch Bunch</p> <p>12:00 – 2:30 <i>Movie - The Way We Were</i></p>
<p>25 10:00 – 11:00 EnhanceFitness®*</p> <p>1:00 – 2:30 Catching Up on Current Events</p>	<p>26 9:30 – 10:30 EnhanceFitness®*</p> <p>11:00 – 12:00 Guthrie Discussion - Roman Holiday</p> <p>1:00 – 2:30 Ask the Pharmacist</p>	<p>27 10:00 – 11:00 Yoga Stretch*</p> <p>11:00 – 12:00 Yoga Stretch*</p> <p>1:00 – 2:30 Need Health Insurance? - Portico Healthnet</p>	<p>28 9:30 – 10:30 EnhanceFitness®*</p> <p>10:00 – 11:00 Walking Club</p> <p>1:00 – 2:30 Upper Mississippi Development Plan</p>	<p>29 10:00 – 11:00 EnhanceFitness®*</p> <p>12:00 – 2:30 <i>Movie - Edie & Thea: A Very Long Engagement w/Discussion</i></p>



Registration Form for Center Activities Only – No Trips



Name _____	Phone () _____
Address _____	Apt. # _____
City _____	Zip _____
Class 1 _____	Fee _____
Day _____ Date _____	Time _____
Class 2 _____	Fee _____
Day _____ Date _____	Time _____
Check # _____	Fee Total _____

Make Checks Payable To: Minneapolis Finance Department	Send To: UCare Skyway Senior Center 950 Nicollet Mall, Suite 290 Minneapolis, MN 55403	For Office Use Only: Date received: _____ Initials: _____
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Registration is Easy



By Mail

For each class (NOT TRIPS), make out a registration form and check payable to the *Minneapolis Finance Department*. If two or more people are registering for the same class, one check may be used.

Mail registration materials to:

UCare Skyway Senior Center
950 Nicollet Mall, Suite 290
Minneapolis, MN 55403

Please Refer to the Trips Section for Registration Instructions

By Phone

For Trips call 612-668-3450.

For Classes call 612-370-3869.

Monday-Friday, 9 a.m.-3 p.m., and have the class information ready. Classes that require advance payment, your registration will be confirmed once payment is received.

Cancellations

A minimum of 7 days is required prior to class date for full refund unless noted otherwise.

NO refunds on trips.

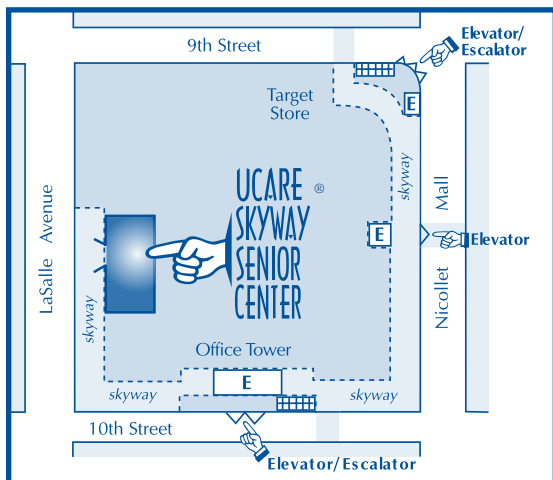
UCare Skyway Senior Center

950 Nicollet Mall, Suite 290
Minneapolis, MN 55403

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If you **DID NOT** receive this newsletter in the mail and would like to, call 612-370-3869 and we will add you to our mailing list.

Map to UCare Skyway Senior Center



Published by the UCare Skyway Senior Center, a program of the Minneapolis Department of Health and Family Support. Call 612-370-3869 to request additional copies.
E-mail: skywaycenter@minneapolismn.gov Website: www.minneapolismn.gov/seniors

How Do I Find the UCare Skyway Senior Center?

Location:

Our mailing address is 950 Nicollet Mall, Suite 290. We are located on the second floor, skyway-level of the building on the LaSalle Avenue side of the skyway. There is no street-level public entrance from LaSalle Avenue to the UCare Skyway Senior Center. Refer to map above.

Street-Level Entrances:

50 South 10th Street – This is the nearest street level entrance to the UCare Skyway Senior Center. Take the escalator or the elevator up to the skyway level. Follow the skyway west (toward LaSalle Ave.), turn right and walk to suite 290, The UCare Skyway Senior Center.

900 Nicollet Mall – This entrance takes you to the Target store. Go up the escalator to the skyway level (second floor). **The UCare Skyway Senior Center is not located in the Target store.** Once you get to the skyway level, follow the skyway all around the perimeter of the building heading south, west and north to suite 290, the UCare Skyway Senior Center. This is about a two-block walk.

Parking Ramp:

There is a municipal parking ramp in the building. The entrance is on LaSalle Avenue (a two-way street), between 9th and 10th Streets. Go to the public parking area (bear to the right). The Target guest parking area is straight ahead down the parking ramp. The Target guest parking rates are slightly higher than the public parking area. Once you have found a parking space, go to the 10th Street elevators through the yellow or blue door and get off the elevator at the skyway level. As you exit the elevator area, turn right. Follow the skyway west and north to suite 290, the UCare Skyway Senior Center.

Bus:

10th Street and Nicollet is the nearest bus stop for the UCare Skyway Senior Center. Use the 50 South 10th Street entrance. Follow instructions listed above for 50 South 10th Street. For bus schedule information, contact Metro Transit at 612-373-3333 or www.metrotransit.org

Parking Meters:

There are a limited number of parking meters on 9th Street, LaSalle Avenue and 10th Street. Cost is \$2 for one hour. Some meters have a two-hour limit.